











# BOULDER SENIOR CENTER JANUARY, 2018

## FOR RESERVATIONS CALL 225-3656 BY 9:30 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 TUNA CASSEROLE GREEN BEANS BROCCOLI SALAD GOLDEN PEARS	3 PORK IN GRAVY BROWN RICE GREEN PEAS 4 BEAN SALAD APPLESAUCE	4 GRILLED CHEESE SANDWICH TOMATO SOUP VEGGIE RELISH SWEET PEACHES	5 
8 	9 OVEN CHICKEN MASHED POTATOES GARDEN PEAS 4 BEAN SALAD CRANBERRIES	10 ROAST PORK RICE PILAF BROCCOLI SPEARS STEAMED CARROTS APPLESAUCE	11 BEEF ENCHILADAS SWEET CORN TOSSED SALAD MIXED FRUIT	12 
15 	16 SLOPPY JOES OVEN POTATOES STEAMED BROCCOLI MIXED FRUIT	17 HAM & BEANS FRESH BAKED BISCUIT GOLDEN CORN COLESLAW ORANGES	18 CHIPPED BEEF ON TOAST GREEN PEAS TOSSED SALAD PLUMP PEACHES	19 
22 	23 MEXICAN TACOS LETTUCE, TOMATOES, & CHEESE REFRIED BEANS JUICY PEARS	24 TURKEY NOODLE CASSEROLE STEAMED CARROTS TOSSED SALAD CRANBERRIES	25 BEAN CHILI CORNBREAD VEGGIE RELISH COLESLAW SWEET PEACHES	26 
29 	30 SPAGHETTI W/ MEAT SAUCE GREEN BEANS TOSSED SALAD W/ BEANS FRENCH BREAD FRESH ORANGES	31 CHICKEN NOODLE SOUP EGG SALAD SANDWICH VEGGIE RELISH SWEET PEACHES		

USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture Washington, D.C. 20250.

This menu has been reviewed and approved by a Registered Dietitian, CASSANDRA DRYNAN, RDN, Cassandra Drynan, RDN

Meals are served with Low Fat Milk, Coffee, Juice, Whole Grain Bread and Margarine.